

7 Best Types Of Tea For High Blood Pressure

[2 Likes](#)

Drinking [tea](#) for high blood pressure is a simple and natural means of preventing the negative symptoms of hypertension.

TABLE OF CONTENTS

- [What is High Blood Pressure?](#)
- [Tea for High Blood Pressure](#)
 - [Green Tea](#)
 - [Oolong Tea](#)
 - [Chamomile Tea](#)
 - [Garlic Tea](#)
 - [Nettle Tea](#)
 - [Pu-erh Tea](#)
 - [Hibiscus Tea](#)
- [References](#)
- [Comments](#)

What Is High Blood Pressure?

High blood pressure is a very common health condition in which the force of your blood pushing against the blood vessels is too high. When your blood vessels and arteries are more dilated, there is less force required to move the blood through [your](#) circulatory system, thus putting less strain on the cardiovascular system. Blood pressure is affected by a number of factors, including [stress](#) hormone levels, diet, electrolyte balance, medications, pre-existing conditions, and genetics. Over time, the excess force of blood pressure will cause small cracks and tears in the tissue of arteries and veins. This provides the ideal place for plaque to begin to build up, which can quickly become a major threat to your cardiovascular health.

Ad
Cardiology, Sleep, Vascular - Veins,
Lymphedema

heartsleep.com

[VISIT SITE](#)

High blood pressure is extremely common and is often referred to by its medicinal designation, hypertension. While there are plenty of hypotensive medications available for those with high blood pressure,

those who prefer natural [remedies](#) can find many herbal tea varieties that can effectively lower blood pressure.



Tea For High Blood Pressure

The best tea for high blood pressure include the following:

- [Green tea](#)
- [Hibiscus tea](#)
- [Oolong tea](#)

- [Garlic](#) tea
- [Chamomile tea](#)
- [Nettle tea](#)
- Pu-erh tea

Let us discuss them in detail below.

Green Tea

Packed with antioxidants and epigallocatechin gallate, this tea can quickly and effectively reduce the strain on your [heart](#) and blood vessels, acting as a vasodilator throughout the body.

Ad
3 Natural Plant Extracts That Clean Out Deep
Fat

LCR Health

[VISIT SITE](#)

Oolong Tea

Studies have found that this variety of basic [black tea](#) has a rich [blend of](#) antioxidants and soothing properties that can calm the cardiovascular system.

Chamomile Tea

Chamomile has been known as a sedative [herb](#) for generations and is often used to calm the body and mind before going to [sleep](#). These same effects make it an [ideal solution](#) for hypertension, as it can help to relax the blood vessels and arteries. This vasodilating effect makes it a great natural remedy for high blood pressure.

Garlic Tea

Garlic is overflowing with antioxidants and sulfuric [compounds](#), which are known to have a cardio-protective effect, because they reduce inflammation in the arteries and blood vessels, thus lowering blood pressure and reducing your risk of coronary heart diseases and stroke.

Ad
Free Dental Implants

www.cosmeticdentistryg...

[VISIT SITE](#)

Nettle Tea

Many different parts of the nettle plant are used for [natural](#) medicine, but when the leaves are brewed into a tea, they lose their toxicity and irritable nature, resulting in an anti-inflammatory tea that is known to soothe the

body and treat symptoms of hypertension.

Pu-erh Tea

Not only can this exotic tea [lower](#) blood pressure levels with its vasodilating properties, but it can also reduce the overall levels of cholesterol in the body. This can doubly help your heart health, and lower your risk of [atherosclerosis](#) and heart attacks.

How To Tighten Face Skin

Regrow Thinning Hair

Apple Cider Vinegar Diet

Top Hair Regrowth Treatments

Best Anti Wrinkle Products



Hibiscus Tea

Known for its [soothing properties](#), hibiscus tea can help to lower blood pressure and reduce stress hormones in the body, which can ease the strain on your cardiovascular system.

Like

Share

References

Rate this article



Average rating 4.4 out of 5.0 based on 12 user(s).



3 Plants Remove Deep Fat

Ad LCR Health

Free Dental Implants

Ad www.cosmeticdentistr...

10 Best Herbs to Lower High Blood...

organicfacts.net



How to Communicate with Your Spirit...

Ad audible

17 Best Benefits of Lemon Water

organicfacts.net



13 Interesting Benefits of Garlic

organicfacts.net



15 Surprising Benefits of...

organicfacts.net



9 Best Essential Oils for High...

organicfacts.net



11 Incredible Green Tea Benefits

organicfacts.net



13 Amazing Benefits of...

organicfacts.net



4 Surprising Benefits of Apple...

organicfacts.net

Ad

1. Herbs for High Blood Pressure

2. Best Green Tea for Weight Loss

3. High BP Treatment

What do you think?

To comment, please sign-in with any of the social networks below



Most Popular

[10 Best Benefits of Chamomile Tea](#)

[13 Amazing Benefits of Red Rooibos Tea](#)

[9 Amazing Benefits of Peppermint Tea](#)

[11 Surprising Benefits Of Hibiscus Tea](#)

[10 Wonderful Benefits of Oolong Tea](#)

[Home](#) [About Us](#) [Contact Us](#) [Terms of Use](#) [Privacy Policy](#)

[Home Remedies](#) [Organic Products](#) [Parenting](#) [Health Benefits](#) [News](#)

© 2018 Organic Information Services Pvt Ltd. Information on this website is for education purpose only. Consult a medical practitioner for health problems.